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**APA Applauds Congressional Efforts to Promote
Research and Education on Mental Illnesses**

Arlington, Va. –The American Psychiatric Association (APA) applauds the efforts of U.S. Representative Sue Myrick (R-N.C.) who initiated an Energy and Commerce Subcommittee on Health hearing held today on mental health disorders, entitled “Mental Illness and Brain Disease: Dispelling Myths and Promoting Recovery Through Awareness and Treatment.” At the hearing, overseen by Subcommittee Chairman Representative Nathan Deal (R-Ga.), experts testified about important advances in research that have improved the treatment options for mental disorders like depression, bipolar disorder, and schizophrenia.

Over the past five years, the nation has more than doubled its investment in the study of the human brain and behavior, leading to a vastly expanded understanding of postpartum depression, bipolar disorder and attention-deficit/hyperactivity disorder, to name a few. With the aid of this research and consumer education, physicians can accurately diagnose and effectively treat patients with mental health concerns.

“The need for research on mental disorders is vital for our troops [returning from combat] and to all American citizens,” testified Raymond DePaulo, Jr., M.D., Henry Phipps Professor and Chairman of the Department of Psychiatry at The Johns Hopkins University School of Medicine, and a member of the APA Committee on Psychiatric Diagnosis and Assessment. “About 15 million people in the United States at any given time have major depression or some form of manic depression. The prevalence for depression runs very high, as do the costs to the individual and the country as a whole. It is imperative that we invest more time and money towards this ‘Cancer of the 21st Century,’ so that treatments can lead to cures and hopes into reality.”

The APA encourages everyone to learn more about the facts on mental illnesses. For more information, visit the APA’s “Healthy Minds. Healthy Lives.” Web site www.HealthyMinds.org for free public education materials.

To obtain a copy of Dr. DePaulo’s full testimony, contact the APA’s Office of Communications and Public Affairs.

About the American Psychiatric Association:

The American Psychiatric Association is the nation’s leading medical specialty society whose more than 36,000 physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org.

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